

## Seared Tuna with Cashew and Ginger Salsa



### Ingredients:

- 2 8- ounce tuna steaks, 1-inch thick
- 2 tablespoons canola oil
- 4 cups baby spinach or other leafy green such as arugula or spring mix
- 1/4 cup cashews, chopped

### Salsa Recipe

- 1 ripe avocado, pitted and diced into 1-inch chunks
- 2 tablespoons minced fresh ginger
- 4 garlic cloves, minced
- 4 limes, juiced
- Lime zest from 2 limes
- 1/2 cup fresh cilantro leaves, chopped
- 2 green onions, finely sliced
- 3 tablespoons fresh squeezed orange juice
- 1/3 cup soy sauce, low sodium
- 1 tablespoon honey
- 1 teaspoon dark sesame oil
- 1/4 cup extra-virgin olive oil

### Directions:

1. Combine the ginger, garlic, lime juice, lime zest, orange juice, cilantro, soy sauce, honey, sesame oil and olive oil in a large bowl. Add avocado and set aside or refrigerate until ready to serve.
2. Heat a grill pan or heavy skillet to medium-high heat. Rub both sides of the tuna with the canola oil.
3. Grill the tuna for 3 to 4 minutes on each side before turning for medium-rare steaks. Grill 5 to 7 minutes on each side for medium steaks. Allow the steaks to rest for 5 minutes before cutting.
4. Place the leafy greens onto four plates. Place the tuna on top of the greens and top with the ginger salsa. Garnish with cashews.

Makes 4 servings



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